

USDA National Nutrient Database for Standard Reference Release 28

Full Report (All Nutrients) 03009, Babyfood, meat, ham, junior

Report Date: October 27, 2015 12:24 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Fat Factor: 9.02 Protein Factor: 4.27 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 oz 28.35g	1 jar 71g
Proximates						
Water	g	80.50	--	--	22.82	57.16
Energy	kcal	97	--	--	27	69
Energy	kJ	407	--	--	115	289
Protein	g	11.30	--	--	3.20	8.02
Total lipid (fat)	g	3.80	--	--	1.08	2.70
Ash	g	0.70	--	--	0.20	0.50
Carbohydrate, by difference	g	3.70	--	--	1.05	2.63
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	5	3	1.000	1	4
Iron, Fe	mg	1.01	4	0.060	0.29	0.72
Magnesium, Mg	mg	11	1	--	3	8
Phosphorus, P	mg	89	1	--	25	63
Potassium, K	mg	210	1	--	60	149
Sodium, Na	mg	44	--	--	12	31
Zinc, Zn	mg	1.70	1	--	0.48	1.21
Copper, Cu	mg	0.068	--	--	0.019	0.048
Selenium, Se	µg	15.0	4	1.100	4.3	10.6
Fluoride, F ¹	µg	3.2	2	--	0.9	2.3
Vitamins						
Vitamin C, total ascorbic acid	mg	2.1	4	0.200	0.6	1.5
Thiamin	mg	0.142	4	0.009	0.040	0.101

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 71g
Riboflavin	mg	0.194	4	0.014	0.055	0.138
Niacin	mg	2.840	3	0.113	0.805	2.016
Pantothenic acid	mg	0.531	--	--	0.151	0.377
Vitamin B-6	mg	0.200	5	0.013	0.057	0.142
Folate, total	µg	2	3	--	1	1
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	3	--	1	1
Folate, DFE	µg	2	--	--	1	1
Choline, total	mg	45.2	--	--	12.8	32.1
Vitamin B-12	µg	0.10	--	--	0.03	0.07
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.40	--	--	0.11	0.28
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.4	--	--	0.1	0.3
Vitamin D3 (cholecalciferol)	µg	0.4	--	--	0.1	0.3
Vitamin D	IU	18	--	--	5	13
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	1.271	1	--	0.360	0.902
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	1	--	0.000	0.000
12:0	g	0.010	1	--	0.003	0.007
14:0	g	0.083	1	--	0.024	0.059

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 71g
16:0	g	1.445	1	--	0.410	1.026
18:0	g	0.702	1	--	0.199	0.498
Fatty acids, total monounsaturated	g	1.804	1	--	0.511	1.281
16:1 undifferentiated	g	0.181	1	--	0.051	0.129
18:1 undifferentiated	g	2.928	1	--	0.830	2.079
20:1	g	0.070	1	--	0.020	0.050
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.516	1	--	0.146	0.366
18:2 undifferentiated	g	0.829	1	--	0.235	0.589
18:3 undifferentiated	g	0.030	1	--	0.009	0.021
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.051	1	--	0.014	0.036
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	29	--	--	8	21
Amino Acids						
Tryptophan	g	0.149	--	--	0.042	0.106
Threonine	g	0.656	--	--	0.186	0.466
Isoleucine	g	0.718	--	--	0.204	0.510
Leucine	g	1.208	--	--	0.342	0.858
Lysine	g	1.283	--	--	0.364	0.911
Methionine	g	0.386	--	--	0.109	0.274
Cystine	g	0.186	--	--	0.053	0.132
Phenylalanine	g	0.576	--	--	0.163	0.409
Tyrosine	g	0.506	--	--	0.143	0.359
Valine	g	0.779	--	--	0.221	0.553
Arginine	g	1.022	--	--	0.290	0.726
Histidine	g	0.514	--	--	0.146	0.365
Alanine	g	0.911	--	--	0.258	0.647
Aspartic acid	g	1.442	--	--	0.409	1.024
Glutamic acid	g	2.271	--	--	0.644	1.612
Glycine	g	0.866	--	--	0.246	0.615

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 71g
Proline	g	0.702	--	--	0.199	0.498
Serine	g	0.547	--	--	0.155	0.388
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Steven Levy Fluoride data on infant foods and beverages, 2003 unpublished Fluoride data from Dr. Steven Levy, University of Iowa